

# Heart to Heart



[Couples](#)



[Spouses](#)



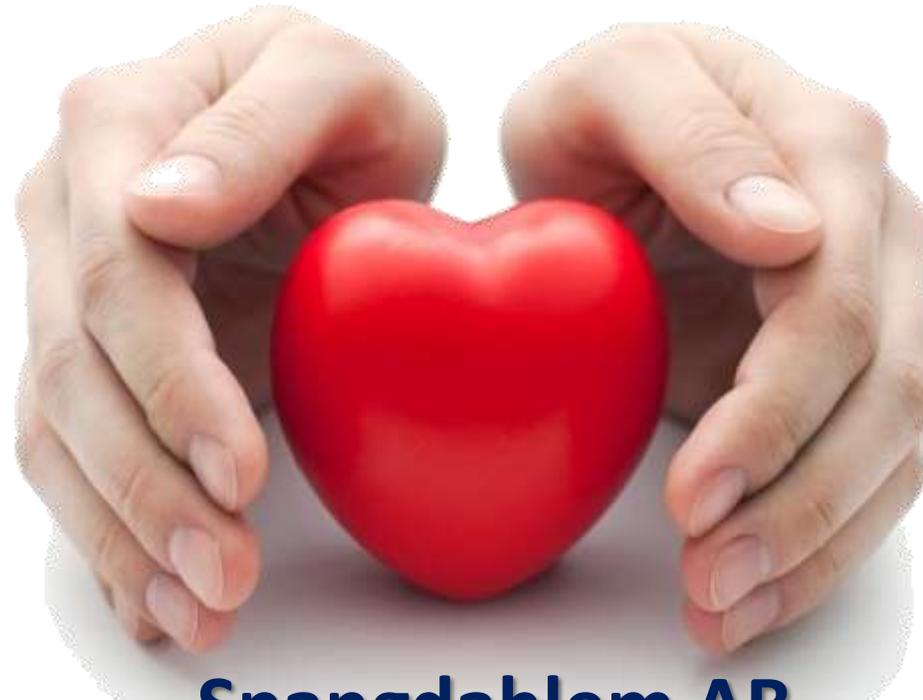
[Counseling](#)



[Key Spouse](#)



[Dads - The Basics](#)



## Spangdahlem AB October 2014

A resource directory for families,  
couples and children



[New Parent Support](#)



[Parenting Resources](#)



[Club Beyond](#)



[Four Lenses](#)

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enable features in Acrobat

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enable features in Acrobat



## *Four Lenses*

### **Healthy Relationships: Four Lenses**

A fun personality temperament assessment workshop based on four basic color characteristics. The principles you will discover will empower you to improve aspects of every personal relationship in your life.

Wednesday, October 8th, 2014

A&FRC Bldg 307 from 11:00-1:00

[Contact A&FRC](#) or DSN 452-6422/06565616422

To register for a class, please click the email link. To print the directory or a page, right click.



## ***Dads – The Basics***

### ***Dads – The Basics***

Dads teaching dads the basics. Expecting fathers or Dads with a child up to six months.

2 Part series Oct. 7 and 21 @ 0900-1200

Where: Education Center (Bldg 129), Room 216

[Contact FAP](#) DSN: 452-8279

★ I A M A P R O U D ★

AIR FORCE DAD

To register for a class, please click the email link. To print the directory or a page, right click.

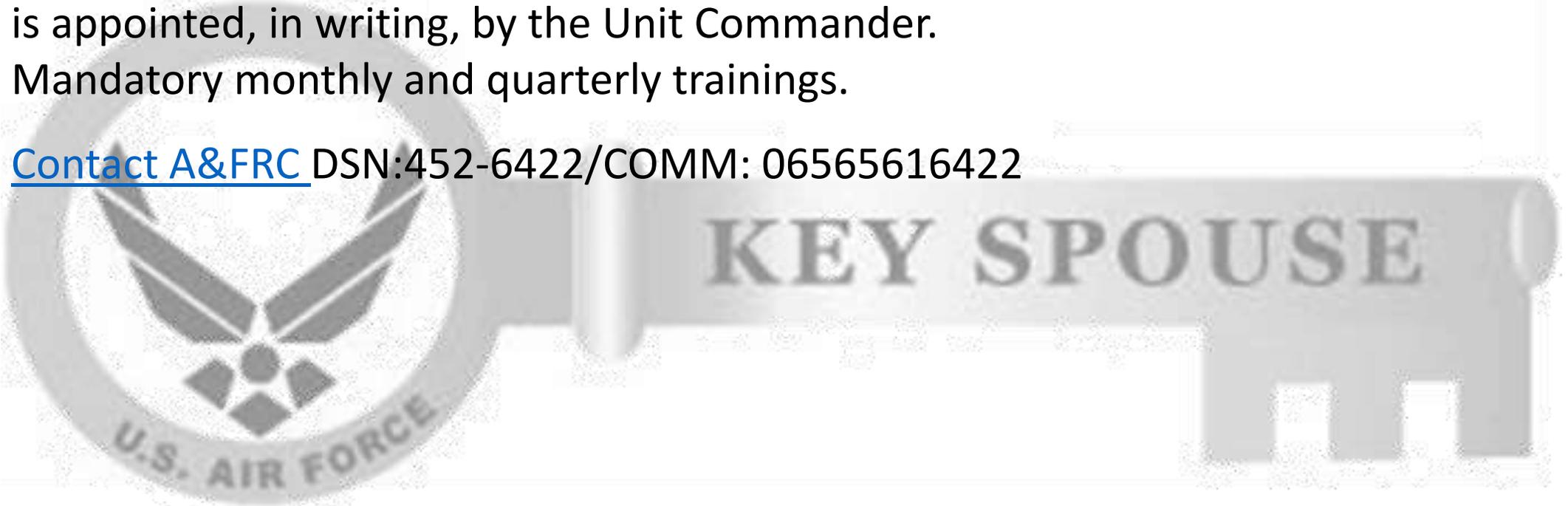


## *Spouse Resources*

### *Key Spouse Program*

The primary purpose of this position is to work with unit leadership to plan, coordinate, and execute the unit's KEY SPOUSE program. This program impacts mission readiness and retention by ensuring families have appropriate information and resources to meet their needs. The Key Spouse is appointed, in writing, by the Unit Commander. Mandatory monthly and quarterly trainings.

[Contact A&FRC](#) DSN:452-6422/COMM: 06565616422



To register for a class, please click the email link. To print the directory or a page, right click.



## ***Chaplain Resources***

The Air Force Chaplain Corps is here for your family. We provide spiritual care and the opportunity for Airmen, their families, and other authorized personnel to exercise their constitutional right to the free exercise of religion. This is accomplished through religious observances, providing pastoral care, and advising leadership on spiritual, ethical, moral, morale, core values, and religious accommodation issues. As visible reminders of the Holy, Chaplains directly or indirectly provide for the spiritual needs of Airmen, their families, and other authorized personnel.

For more information on the Chaplaincy, please contact the [Chapel](#) or call DSN 452-6711.

## **Resiliency Retreats**

6 Sessions of Empower Resiliency: To provide Airmen and their families with the skills needed to develop, enhance, and maintain resilience. Retreat setting to foster cognitive awareness and training for healthy relationships and living.

[Contact the Chapel](#) or call DSN 452-6711

## **Marriage Care**

Marriage care events are marriage enrichment retreats to enhance marital satisfaction. Counseling and teaching, either through one on one or in class setting. Complete confidentiality is offered in counseling. Couple's classes are offered quarterly to enhance healthy relationships often mitigating persistent issues.

[Contact the Chapel](#) or call DSN 452-6711

To register for a class, please click the email link. To print the directory or a page, right click.





**Weekly Club**

Tuesdays at  
The Well (Bldg 139 )

**Middle School**

6th—8th grade  
Tuesdays: 1500-1630  
Free Snacks!



**High School**

9th—12th grade  
Tuesdays: 1900-2030  
Free Dinner!

*All students in grades 6-12 are welcome!  
Club Beyond is a contracted youth of the chapel program.*

**TRIPS**

**High School**

**Winter Blitz, Austria**  
Snow Competitions, Skiing /  
Snowboarding, Ice Skating,  
Basketball Camp and more  
December 28, 2014 –  
January 2, 2015



**Service Project  
Czech Republic**  
Serving through work  
projects, VBS, sports  
and more.  
June 21 - 26, 2015



**Middle School**

**Adventure Camp, Austria**  
Rock Climbing, High Ropes, Nerf Wars,  
Geocaching...loads of endless fun!  
April 6 - 11, 2015



POC: Stephanie Hardy  
shardy@clubbeyond.org  
0176 4041 4819

**For more information [Email the Chapel office](#) or DSN 452-6711**

To register for a class, please click the email link. To print the directory or a page, right click.



## *Parenting Resources*

### **New Parent Support Program**

The experienced Registered Nurses of the NPSP assist families through the transitions of pregnancy, childbirth, and parenting children through the age of three years. Program participation is completely voluntary and confidential. Program benefits are free of charge.

[Contact NPSP](#) DSN: 452-8279.

To register for a class, please click the email link. To print the directory or a page, right click.



## **Give Parents A Break**

*The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life -- deployments, remote tours of duty, frequent moves, extended working hours, etc. Families are separated from the military member as well as from extended family who might otherwise offer support.*

*In an effort to help, AFAS funds a monthly "Give Parents a Break" program at Spangdahlem AB.*

*Families may be referred to this program by Commanders, 1st Sergeants, chaplains, Family Advocacy, as well as Airman and Family Readiness Center staff.*

Children must have current Immunization Record including a current flu vaccination before they can be enrolled. Call Immunizations DSN: 452-8382

To register: Spangdahlem Child Development Center (6 wks-5yrs) DSN: 452-5320  
Spangdahlem School-Age Program (5-12yrs) DSN: 452-7545  
[A&FRC](#) DSN: 452-6422 for eligibility/certificate questions

To register for a class, please click the email link. To print the directory or a page, right click.



### **2014 Dates**

18 October (1-5pm)

15 November (1-5pm)

20 December (630pm-1030pm)



## ***New Parent Resources***

### **All About Babies**

Come learn about what to expect during those first few months of having a new baby: Infant care, bathing, etc. All About Babies is designed to help new parents feel more comfortable with their new bundle of joy.

Oct 8 @1300-1600

Education Center (Bldg 129) Room 214

[Contact NPSP](#) DSN: 452-8279.

### **Breastfeeding & Infant Nutrition**

Come to this class for an up close look at recommendations for adequate infant nutrition. Learn how to get breastfeeding off to the right start as well as when to introduce baby foods, etc.

Oct 1 @1400-1600

Education Center (Bldg 129), Room 214

[Contact NPSP](#) DSN: 452-8279

To register for a class, please click the email link. To print the directory or a page, right click.



## ***Spouses Programs***

### ***Heart Link***

Provides spouses key information to navigate military life and gain great info about base helping agencies. Breakfast and lunch provided.

October 10<sup>th</sup> from 0820-1400

[Contact A&FRC](#) DSN: 452-6422/COMM: 06565616422

### ***Community Coffee Break***

Pumpkin Recipe Swap & Taste Testing

Bring your favorite pumpkin dish & recipe to share

October 3, 2014 10am - 11am

A&FRC Bldg 307 (across from the bowling alley) from 1000-1200.

[Contact A&FRC](#) DSN: 452-6422/COMM: 06565616422

To register for a class, please click the email link. To print the directory or a page, right click.



## ***Playgroups***

### ***Creative Critters***

Unique educational crafts for children 18 months to 4 years old. Siblings welcome.

October 1 & 15 from 1000-1100

Chapel building 136 Room 207

(Where the homeschool coop and AWANAS meets).

Registration not required

[Contact FAP](#) DSN 452-8279

### ***Family Advocacy***

Family Advocacy Playgroups are an opportunity for parents & their children to connect, learn & play together.

Monday through Friday, 1000-1200

Building 175, Rm 207

No registration required but must sign in

[Contact FAP](#) DSN: 452-8279

### ***Pre-School Story Time with Mrs. Ali***

Read a fun story and create a craft afterwards

Every Thursday from 1030-1130

Library, Building 148

Phone: DSN 452-6203

To register for a class, please click the email link. To print the directory or a page, right click.



## ***Counseling Resources***

### **Chaplains Couples' Counseling**

Provides counseling, pastoral care, visitation, religious education, morale programs, spiritual renewal, lay leadership programs, and humanitarian outreach opportunities. Privileged communication.

[Contact the Chapel](#) or call 452-6711

### **Mental Health Clinic**

Couples' counseling from a licensed civilian or active duty providers.

Call 452-8285

### **Family Advocacy - FAST**

Services to individuals, couples and families to increase communication skills and emotional intelligence.

[Contact FAP](#) DSN 452-8279

### **Military Family Life Program**

Provides short-term, non-medical counseling services to service members and their families at no cost. With the exception of child abuse, domestic abuse and duty to warn situations, services are private and confidential.

Adult MFLC – 01522-421-7332

01520-212-9487

Children's MFLC – 01520-265-8733 0151-213-0986

01520-212-9427 0152-021-5219

### **Educational & Developmental Intervention Services (EDIS)**

EDIS is an overseas program that works with and provides support for children from birth to 21 years, who experience developmental delays that restrict their ability to learn. Space available counseling.

[Contact EDIS](#) or call 452-8238

To register for a class, please click the email link. To print the directory or a page, right click.

